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HOUSEKEEPERS' CHAT

Friday, August 28, 1936

(FOR BROADCAST USE ONLY)

Subject: "SALAD DRESSINGS." Information from the Bureau of Home Economics, United States Department of Agriculture.

--ooOoo--

Friday brings us another "Market Basket" from the federal Bureau of Home Economics in Washington, D. C., and I know you'll be glad to learn that today's Market Basket is full of salad dressings.

Quoting the Bureau of Home Economics: "The crisp green leaves, the colorful tomato and pale cucumber slices that make a typical midsummer salad are tempting by themselves, but more so with an appropriate salad dressing. And with this particular salad, any one of several dressings is appropriate. Shall it be French, a mayonnaise, or a cooked dressing? Or one of the many variations of these:

"Of the three types of salad dressings," (still quoting), "French and mayonnaise are essentially combinations of fat and dilute acid, with seasonings. In other words, despite the saying that oil and water will not mix, every cook knows that they will mix, and the uncooked salad dressings are a proof.

"The fat in these dressings is usually vegetable oil of some kind. The acid is vinegar or lemon juice, both largely water. Beaten together, the oil and the water thicken and form an emulsion -- which is to say, the tiny globules of fat are dispersed all through the water and held there in suspension.

"The cooked salad dressings come in another class. They are thickened with eggs, or with eggs and flour or cornstarch, and are more nearly related to custard and white sauce than to the uncooked dressings. However, the cooked salad dressings are another story. Today we are concerned only with the uncooked dressings, beginning with French dressing.

"French dressing, which contains just oil, acid, salt and pepper or paprika, separates after standing a few minutes, and must be stirred or shaken thoroughly before using again. It is a temporary emulsion of oil in water, says the chemist. But it is more stable than just oil in ordinary water because the dissolved acid makes it easier to form the oil globules, and the dry seasonings, which do not dissolve, help to hold the globules apart.

"To make French dressing is of course very easy. The proportions of oil vary with taste and also with the acidity of the vinegar or lemon juice. Four parts of oil to one of vinegar is a good proportion, but three to one, or even two to one are used. Seasonings may be salt, paprika, onion juice, tabasco, xxx sugar, horse-radish, or many others. Beat the ingredients together in a bowl or shake them in a bottle until they mix thoroughly and thicken somewhat.



"French dressing is varied by almost countless seasonings, but one of the favorites is roquefort cheese crumbled into the mixture of oil and acid. Chiffonade dressing calls for chopped parsley, chopped onions, chopped hard-cooked egg, chopped cooked beets, in French dressing. Anchovy dressing is French dressing seasoned with anchovies chopped fine.

"Mayonnaise dressing, according to one story, originated centuries ago in the French city of Bayonne, famous for salad oils, and the dressing was called 'Bayonnaise.' Another version says it was originally made with cream instead of oil, and in its present most familiar form was invented by the chef to the Duke of Mayenne, on a festive occasion when the cream turned sour. So the new dressing was called 'mayonnaise.' Whatever the origin, this dressing as we know it is made with eggs in addition to the ingredients of French dressing, and if kept cool, does not separate after it is well beaten. The chemist calls this a permanent emulsion, because the egg forms a film around the oil globules and keeps them apart

"Mayonnaise is more difficult to make than French dressing, but here is a good way to do it: Mix the egg, seasonings, and part of the acid thoroughly by beating, and then add oil drop by drop at first, until the mixture begins to thicken, then gradually more. When the dressing becomes quite thick, add the rest of the acid, then the oil. Have the oil at room temperature when beating, but put the dressing away in a cold place. Not in the coldest part of the refrigerator, however, or it will separate.

"As to proportions for mayonnaise, they are not given very definitely because the amount of oil which an egg will take depends upon the size of the egg. Usually an egg yolk will take  $3/4$  to 1 cup of oil. About 2 tablespoons of vinegar or lemon juice is usually enough with 1 egg.

"Of mayonnaise variations, the most familiar is Thousand Island dressing, for which add to the mayonnaise a variety of such seasonings as chili sauce, chopped green pepper, pimiento, and chopped stuffed olives. Russian dressing is made by adding about 1 part chili sauce to 2 of mayonnaise. Tartar sauce is mayonnaise seasoned with tarragon, sour gherkins, capers, chopped parsley, chopped olives, or other pickles.

"A cream dressing for fruit salads is made by folding whipped cream into mayonnaise. Other cream dressings, like mayonnaise, are permanent emulsions. Thick sour cream, which with salt, pepper, or other seasonings, is a delicious dressing for raw salads especially, contains both fat and acid, already mixed. Sweet cream dressing is made by adding lemon juice and seasonings to thick cream."

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